



Nurturing Skills for Parents Summer Workshops

The art and science of raising happy, healthy children

JUNE Topics

June 7th -Understanding Discipline, Praising Children & Their Behavior, Nurturing Yourself

June 14th -Child Safety-accident-proofing your child

June 21st -Brain Development-building strong connections

June 28th - Appropriate Expectations of your Child (Birth-Five), Nutrition

JULY Topics

July 12th Appropriate Expectations of your Child (school age), Nutrition

July 19th Recognizing & Understanding Feelings/Anger/Stress

July 26th Verbal & Physical Redirection, Ignoring Inappropriate Behavior, Time Out

AUGUST Topics

August 2nd Using Rewards to Guide and Teach Children

August 9th Empathy-walk a mile in your kids' shoes

August 16th Family Rules-getting everyone on the same page

August 23rd Problem Solving, Decision Making, Negotiation & Compromise

August 30th Helping Children Manage Their Behavior



Monday's



June 7-August 30, 2010

Time: 2:00-3:30

Weekly through the summer; attend 1 or all,
pick and choose topics of interest.

Cost: \$10 per class

Where:

HELP Center

201 E. Harrison Ave

Registration Suggested

208-676-1515